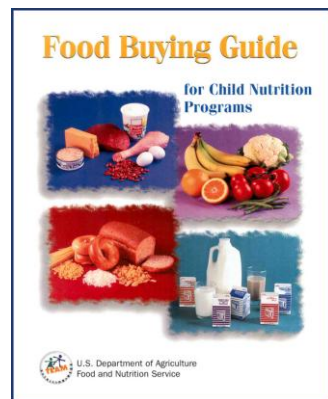


## Food Buying Guide

Presented by:  
Department of Public Instruction  
School Nutrition Team



### Objectives

- Define the purpose of the food buying guide
- Describe the sections of the food buying guide
- Explain how weights, measurements, and portion control applies to the food buying guide
- Demonstrate usage of the FBG

### Why should you use the Food Buying Guide? (FBG)



### Purposes of the FBG

- Purchasing
- Planning

[http://fns.dpi.wi.gov/fns\\_wicylemenu](http://fns.dpi.wi.gov/fns_wicylemenu)

### History of the Food Buying Guide

- 1947- Quantities of Food For Serving School Lunches
- 1955- The Food Buying Guide for Type A School Lunches
- 1984- Food Buying Guide For Child Nutrition Programs
- 1993-1995 Supplements added
- 1996- Major Revision
- 2001 – New Edition of the Food Buying Guide
- 2008- Revised Addition
- 2013- Additional updates in progress

- Introduction
- Section 1-Meat/Meat alternate
- Section 2-Vegetables
- Section 2- Fruits
- Section 3-Grains/Breads
- Section 4-Milk
- Section 5-Other Foods
- Appendices



**Column 1**

**Food As  
Purchased, AP**

[illegible]

1-88 ■ Food Buying Guide for Child Nutrition Programs Revised November 2001

**Column 2**  
**Purchase Unit**

[illegible]

Section 2—Vegetables/Fruits ■ 2-41

**Column 3**

**Servings per Purchase Unit, EP**

[illegible]

Section 2—Vegetables/Fruits ■ 2-37

**Column 4**

**Servings Size per Meal Contribution**

[illegible]

<sup>17</sup>If the average raw weights of the chicken parts are different from those stated, use the yield information in Columns 6 to determine cooked weight.

Section 1—Stat/Mat Alternates ■ 1-21

## Additional Information

[illegible]

- What year did the food buying guide as its called today come into existence?

## History

- What was the original name of the Food Buying guide?

- Weight is measured in ounces
- Ounces Equivalent is used for:
  - Meats/meat alternates
  - Grains

- Fruits and Vegetables are measured in volume
- Fruit juice
  - 4 fl oz =  $\frac{1}{2}$  cup of juice
- Milk is measured in fluid ounces

- Hand Out/ Visual Model



## Measure it Out!

Use the proper tools to get the job done!



Ladle fl oz	Approx. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	—

Taken from NFSMI

•Number on the scoop indicates how many level scoopfuls make one quart.

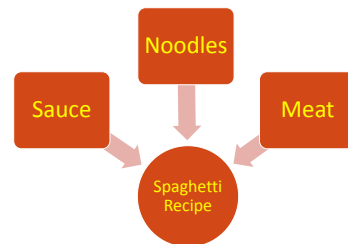
•A number 8 scoop requires 8 scoops to = 1 quart



## Scoops (Dishers)

Size/No. <sup>1</sup>	Level Measure
6	2/3 cup
8	1/2 cup
10	3/8 cup
12	1/3 cup
16	1/4 cup
20	3-1/3 Tbsp
24	2-2/3 Tbsp
30	2 Tbsp
40	1-2/3 Tbsp
50	3-3/4 tsp
60	3-1/4 tsp
70	2-3/4 tsp
100	2 tsp

## Using the Food Buying guide for a Recipe



### Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, SP	4 Serving Size per Meat Contribution	5 Purchase Units for 100 Servings	6 Additional Information
<b>BEEF GROUND fresh or frozen<sup>1,2</sup> (continued)</b>					
Beef, Ground, fresh or frozen <sup>1,2</sup> no more than 26% fat (Like IMPS #136)	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Beef, Ground, fresh or frozen <sup>1,2</sup> no more than 24% fat (Like IMPS #136)	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked, drained lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
Beef, Ground, fresh or frozen <sup>1,2</sup> no more than 20% fat includes USDA Commodity (Like IMPS #136)	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
Beef, Ground, fresh or frozen <sup>1,2</sup> no more than 25% fat (Like IMPS #136)	Pound	12.0	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	
Beef, Ground, fresh or frozen <sup>1,2</sup> no more than 20% fat (Like IMPS #136)	Pound	12.1	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked, drained lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.4	

### Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, SP	4 Serving Size per Meat Contribution	5 Purchase Units for 100 Servings	6 Additional Information
<b>BEEF GROUND fresh or frozen<sup>1,2</sup> (continued)</b>					
Beef, Ground, fresh or frozen <sup>1,2</sup> no more than 20% fat (Like IMPS #136)	Pound	12.1	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked, drained lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.4	

For each pound of purchased product, there will be 12.1 servings (1 oz) of cooked lean meat  
If you need a total of 100 servings, divide 100 by the number of servings per purchase unit (12.1)

$$100/12.1 = 8.26 \text{ which rounds up to } 8.3$$

Exhibit A

GROUP F	OZ EQ FOR GROUP F
• Cake <sup>a</sup> (plain, unfrosted)	1 oz eq = 82 gm or 2.9 oz
• Coffee cake <sup>a</sup>	3/4 oz eq = 62 gm or 2.2 oz
	1/2 oz eq = 41 gm or 1.5 oz
	1/4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
• Brownies <sup>a</sup> (plain)	8 oz eq = 125 gm or 4.4 oz
• Cake <sup>a</sup> (all varieties, frosted)	3/4 oz eq = 94 gm or 3.3 oz
	1/2 oz eq = 63 gm or 2.2 oz
	1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
• Cereal Grains (barley, quinoa, etc)	1 oz eq = 1/2 cup cooked or 1 ounce (28g) dry
• Breakfast cereals (cooked) <sup>a,b</sup>	
• Bulgur or cracked wheat	
• Macaroni (all shapes)	
• Noodles (all varieties)	
• Pasta (all shapes)	
• Ravioli (noodle only)	
• Rice (enriched white or brown)	
GROUP I	OZ EQ FOR GROUP I
• Ready to eat breakfast cereal (cold, dry) <sup>a,b</sup>	1 oz eq = 1 cup or 1 ounce for flakes and round
	1 oz eq = 1.25 cup or 1 ounce for puffed cereal
	1 oz eq = 1/4 cup or 1 ounce for granola

<sup>a</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 11

## Spaghetti Sauce Crediting

Lets figure out how much spaghetti sauce is needed for a 1/2 cup serving for a 100 servings.

Section 2 - Vegetables – Red/Orange Subgroup					
1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Tomato Products, canned Spaghetti Sauce, Meatless USDA Foods	No. 10 can (106 oz)	47.90	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12 cups heated spaghetti sauce

#10 can provides 47.90- 1/4 cup servings

Math shows -100/47.90=2.1 cans needed to purchase ( rounded up)

#10 can provides 23.95 – 1/2 cup servings

Math shows- 100/23.95 = 4.17 cans needed to purchase

## USDA Food Buying Guide Calculator

<http://fbg.nfsmi.org/>



Food Buying Guide Calculator for Child Nutrition Programs

Choose a Food group by clicking on an image below, or enter a keyword or food item in the Search field to the right, then click Go. Avoid the use of punctuation.

Search:  Go

View Food Buying Guide  
Select Food Group  
Select A Food Group  
Self Tutorial

Meat/Meat Alternates  
Vegetables  
Fruits  
Grains/Breads

Calculator for Child Nutrition Programs

Choose Select Food Category from the Food Categories pull-down menu or choose from the Top 10 food items list.

Search Guide Again  
Change Food Group  
Change Your Food Group

Food Categories  
Select Food Category  
Chicken, Eggs, Milk, Yogurt  
Chicken, Turkey  
Lunchmeat, Meat, Hot Dogs, Vienna Sausage  
Pork and Pork Products  
Fish, Sea Breams and Seafood  
Seafood and Fish  
Legumes, Dry Beans and Peas  
Lentils, Vets and Green Products  
Turkey Items, Fully Cooked, Chilled or Frozen  
Beef, ground, fresh or frozen, no more than 15% fat, (like DMPs 136)  
Beans, Pinto, dry, canned, whole, includes USDA Foods  
Bean products, dry beans, canned, beans baked or in sauce with pork  
Yogurt, fresh, plain or flavored, sweetened or unsweetened, commercially-prepared (includes Greek yogurt)

Meat/Meat Alternates  
1 fat, includes USDA Foods, (like DMPs 136)  
natural or processed, includes USDA Foods  
poultry (boneless, chicken breast pieces without skin)  
in, wing meat, neck meat, giblet, or kidneys, includes USDA Foods  
A Foods only

Calculator for Child Nutrition Programs

Use the Serving Description to select the desired food item for your planned meal. For crediting, choose one for Meat/Meat Alternates (M/MA), eggs for Vegetables/Fruits (V/F), or servings for Grains/Breads (G/B). Additional measures could be used for recipes or salad bars.

Search Guide Again  
Change Food Group  
Change Your Food Group

Food Categories  
Beef and Beef Products

73 Items Found for Beef and Beef Products

Beef steak, frozen, sliced and formed, (like DMPs 113/8B)  
Beef stew meat, fresh or frozen, composite of trimmed retail cuts, without bones, practically-free-of-fat (PFOF)  
Beef tongue, fresh or frozen  
Beef tripe, fresh or frozen, steamed, blanched (desalted), honeycomb, (like DMPs 706)  
Beef, canned, beef with natural juices, USDA Foods  
Beef, ground, fresh or frozen, market style, no more than 30% fat, (like DMPs 136)  
Beef, ground, fresh or frozen, no more than 15% fat, (like DMPs 136)  
Beef, ground, fresh or frozen, no more than 10% fat, (like DMPs 136)  
Beef, ground, fresh or frozen, no more than 20% fat, includes USDA Foods, (like DMPs 136)  
Beef, ground, fresh or frozen, no more than 14% fat, (like DMPs 136)  
Beef, ground, fresh or frozen, no more than 25% fat, (like DMPs 136)

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## Food Buying Guide

Calculator for Child Nutrition Programs

Select the planned **Serving Size** from the drop-down list. Enter the planned **Number of Servings**. Click on **Add to List**.

Meat/Meat Alternates

--- Select A Serving Size ---

1-1/4 oz

1-1/2 oz

2 oz

2-1/4 oz

2-1/2 oz

3 oz

4 oz

5 oz

6 oz

8 oz

10 oz

**Number of Servings**

1000

**Add to List**

**\* Search Guide Again**

Food Item (AP)	Purchase Unit	Serving Description (LP)	Notes	Serving Unit
Beef, ground, fresh or frozen, no more than 10% fat, (like DIPS 136)	lb	cooked drained lean meat		oz

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## Food Buying Guide

Calculator for Child Nutrition Programs

**Home** **Add More Items** **Print List** **Email List**

**\* Search Guide Again**

NOTE: The Food Buying Guide Calculator rounds up to the nearest whole Purchase Unit or next 1/4 pound.

If you need to add more food items, select **Add More Items**. To edit a food item on your Shopping List, click **Edit** to the right of the food item entry. To remove a food item on your Shopping List, click **Remove** to the right of the food item.

If you are finished, select **Print List** or **Email List**.

\*\*\*Print or Email your shopping list before exiting the Calculator or your browser! It will not be saved.\*\*\*

### Shopping List

Item	Servings	Size	Food Item (AP)	Serving Description (LP)	Exact Qty	Purchase Qty	Purchase Unit	Select
1	1000	1 oz	Beef, ground, fresh or frozen, no more than 10% fat, (like DIPS 136)	cooked drained lean meat	8.22	8.25	lb	<a href="#">Remove</a> <a href="#">Edit</a>

## Updates to Food Buying Guide

- Check for updates posted at:
  - [http://www.fns.usda.gov/tn/Resources/fbg\\_schoolmeals.html](http://www.fns.usda.gov/tn/Resources/fbg_schoolmeals.html)
- Recently added: the Recipe Analysis Workbook: <http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>

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## Exercise



